

Maryland Junior Wrestling League, Inc.

December 5, 2014

Bob Newton, Commissioner
MWOA
P O Box 44620
Baltimore, MD 21236-9998

MJWL Exceptions to NFHS Rulebook

Bob,

Historically, Maryland Junior Wrestling League has had exceptions to the NFHS Wrestling Rules Book. We have younger wrestlers, more weight classes and less of a gap between weight classes.

As per the MJWL written by-laws and policies, we have the following exceptions for the 2014-15 season:

- 1-4-3 Due to our shorter periods, particularly in our Age Weight Tournament, we will allow wrestlers to compete in more than five matches in any one day of competition.
- 1-4-4 Due to our shorter periods, particularly in our Age Weight Tournament, no wrestler can wrestle two consecutive matches with less than a 20 minute rest.
- 4-1-3 All wrestlers must wear gym shoes with laces reasonably secured.
- 4-2-1 and 4-3-1a All wrestlers must wear wrestling ear guards and a hair cover. We do not enforce that the hair cover must be “attached.”
- 4-4-2 We allow wrestlers to move up two weight classes. This is stated in our by-laws.
- 5-19-2 We allow wrestlers 90 pounds and below to start with knees and hands a reasonable distance apart less than the distance between the rear and forward starting lines.

Except for the attached hair cover, these are exceptions that we have had in past seasons. We used to have no hair rule, but do see the necessity in the hair cover. Similar to the wrestling shoe rule, some of our teams have asked not to be forced to buy new hair covers.

Let me know if you have any questions or comments. Thanks for everything.

Very truly yours,

Kenneth A Kiler,
President
Maryland Junior Wrestling League, Inc.